

Nutri Utsav, a health-focused canteen organized by BSc III year students in the Department of Food and Nutrition on 27th June 2023 under the supervision of Dr. Shikha Singh. The event was aimed to promote healthy eating habits and raise awareness about the importance of millets among the campus community. The Nutri Utsav canteen was inaugurated by the Honorable Vice-Chancellor, Era University, Prof. (Dr.) Abbas Ali Mahdi Sir, along with Dr. A.K. Srivastava, Dean, Faculty of Sciences, Prof. (Dr.) Priscilla Samson, Principal, Faculty of Nursing, Dr Kahkashan Parvin (Head, Department of Food and Nutrition), Dr. Shipra Srivastava, Dr. Minhaj Akhtar Usmani, Dr. Pooja Verma, Mrs. Aparna Srivastava, Mrs. Radhika Awasthi and Ms Mahajbeen Fatma. The inauguration ceremony marked the official commencement of the event and added a sense of importance and significance to the initiative. The canteen was set up for a specified duration, offering nutritious meals, snacks, and beverages to students, faculty, and staff.

Objectives:

The objectives of Nutri Utsav were as follows:

- a) Encourage millets consumption among the campus community.
- b) Offer a variety of nutritious food options to cater to different dietary preferences.
- c) Educate participants about the importance of balanced and healthy nutrition and its impact on overall well-being.
- d) Create a platform for students to apply their theoretical knowledge of nutrition in a practical setting.

Planning and Organization:

The BSc students formed an organizing committee responsible for coordinating all aspects of Nutri Utsav. The committee divided tasks among its members, which included:

- a) Menu Planning:** The committee researched and developed a diverse menu consisting of balanced meals, snacks, and beverages. The menu included options for vegetarians, vegans, and individuals with dietary restrictions.
- b) Procurement:** The committee collaborated with local vendors, farmers, and suppliers to source fresh and organic ingredients. Special attention was given to maintaining food quality and hygiene standards.
- c) Marketing and Promotion:** To ensure maximum participation, the organizing committee utilized various marketing strategies. They designed posters, flyers, and utilized social media platforms to create awareness and generate interest among the campus community.

Execution and Event Highlights:

Nutri Utsav was conducted for a day within the campus premises. The event offered a vibrant and welcoming atmosphere, with colorful decorations, informative banners, and interactive sessions.



Nutri Utsav

Organised by B. Sc VI Sem
under the supervision of
Dr. Shikha Singh

 27th June 2023

Venue : 2 nd Floor, University Building,
Department of Food & Nutrition

Highlights of canteen

- Full of essential vitamins & minerals.
- Easily digestible.
- For overall health & wellbeing.
- Rich in protein.
- High dietary fibre.



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